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DIRECTIONS:

FOR THE USE OF

Dr. C. B. BARRETT'S GUARDIAN,

IN CONNECTION WITH HIS

MEDICO-ELECTRO GALVANOMETER,

FOR THE

TREATMENT AND REMOVAL OF CERTAIN DISEASES INCIDENT-
TAL TO WOMAN.

Deus rectum faveat.

BY

C. B. BARRETT, M.D.,

^W
INVENTOR AND PATENTEE.

80 BROADWAY, N. Y.

NEW-YORK

PATHFINDER OFFICE, 203 BROADWAY,

1846.

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CONTENTS.

	PAGE.
INTRODUCTION - - - - -	5
DESCRIPTION OF THE GUARDIAN - - - - -	15
DISEASES INCIDENTAL TO WOMAN,	
Ammennorrhœa, or Non-appearance of the Menses -	18
Chlorosis, or Green Sickness - - - - -	19
Dysmennorrhœa, or painful and difficult Menstruation	22
Leucorrhœa, Fluor-Albus, or "The Whites" - - .	25
Prolapsus, or Falling of the Womb - - - - -	28
Uterine Convulsions and Debility - - - - -	29
NOTICES, CERTIFICATES, &c.	
Mrs. Sarah Jordan, Bangor, Me. - - - - -	31
Miss Sabina Lane, Roxbury, Mass. - - - - -	32
Rev. Dr. Graves, Chambersburg, Pa. - - - - -	33
Editors of the "Sentinel and Watchman" - - -	34

INTRODUCTION.

IN presenting this work to the public, intended as it chiefly is, for the female portion of the community, as a guide to the preservation of their health by the use of the "GUARDIAN," which accompanies it, the "sterner sex" will find directions laid down which in many particulars as much concerns them in the treatment of pulmonary and other diseases, to which they are subject, and in which the curative process is precisely the same.

It is almost a rare thing to find a female among us who enjoys perfect and uninterrupted health. And perhaps it is still rarer to find one, who, up to the age of 45, is without some prominent marks of old age. Defective teeth, gray hairs, wrinkles, lustreless eyes, a feeble step, a faltering voice—one or all of these symptoms or tokens of advancing age—begin, ere then, to show themselves. This ought not so to be. It is wrong, it is wicked, that we tolerate the causes of it:—Not that the unhappy victim is always guilty—No, she has perhaps done as she was taught, done as well as she knew how. Still, such are the laws of Nature, and the ordinance of God, that violence done to our constitution, whether wittingly or unwittingly, must inevitably meet its appropriate retribution.

It has been frequently remarked, that with us ladies grow old faster than men—that almost every lady you pass, *looks in fearful ill health*, and the ground of complaint is, that the beauty which won for her so many admirers, *does not last*. Take, for example, a blooming Miss of sixteen. To the eye of an old

server there is perfect health, and the promise of long and useful life. But already some envious canker has begun to gnaw at the root of that fair form. Of this she has some painful tokens, occasionally, which are mostly known only to herself. Instead, however, of averting the catastrophe portended, the course is taken to precipitate it. The same causes which have begun the evil, are increased as she comes forward into society. At the tender age of eighteen or twenty, she is married:—she is passed along through all the exciting and exhausting forms of modern life; and at the age of forty, *if alive*, she is but the shadow of what she once was. Her husband, in the mean time, better sustained by his masculine nerves and habits, stands by her side comparatively young.

Although both sexes grow old with us, *much faster than they ought*, the female sex goes considerably in the advance.

Disease affects the *mind* in its uses, and the *character*, which is the product of moral and intellectual activity. Physicians divide diseases into two great classes. *Acute* and *chronic*. The existence of grave disease of a long standing, may more frequently prevent attacks of epidemic disease. Chronic disease, or, that which is of long duration, and in which changes of symptoms do not occur,—and it is this last fact, in its history, which has led to the designation *chronic*, rather than the length of time it may have lasted,—chronic disease, and often that very severe form of it, which we call *constitutional debility* is the most frequent product of *neglected mental culture*.

The functions of organs become gradually disturbed by such neglect. The food is imperfectly digested. The growth is impaired if weakness declares itself in early life. Muscular vigor is wanting. A certain degree of emaciation exists, and this finally may become a permanency. The circulation of the blood loses its characteristics in health, and the respiratory

function is imperfectly performed. Now in the midst of this general disturbance, some local trouble may be developed. At first it is slow—*very slow*. Slowly but surely it makes progress, until at length it attracts attention. The man or woman now begins in earnest to think they are ill, and look round for relief. Disease has taken up its abode in some organ, the lungs, for instance, and there it will make its abiding place.

It is quite curious to observe the effect of disease upon the temper, the character, and power to use the mind, when such disease is but imperfectly formed, and has scarcely attracted the attention of the sufferer. The temper is soured—the character changed—the mind acts imperfectly. The changes in all these respects, are very striking. The individual is conscious of it, and so are his nearest friends and neighbors. Remedies are resorted to. Now who can say but this very disease might have been the result of neglected physical education, and the violation of natural laws which that neglect may have induced?

The effects of disease on the mind and character are not the same in every form of disease. The organ affected, and the *kind* of disease, have much power in determining what these effects shall be. Chronic disease of the lungs is characterized by bright and cheerful states of mind. Hence there is hope of recovery even in the latest days of consumption. This disease occurs in those years of life when the intellectual and physical powers have acquired activity, and not unfrequently at an age in which demand is made for their best uses. Considering the fatal tendency of this disease, and the very deep injury it inflicts on the lungs, one might suppose it a very painful malady. But it is not so. True, there are times in which local suffering is very severe. But this more frequently comes of disease of remote organs, which have been brought into trouble, than from the pulmonary lesion. The muscular strength may, and does

remain oftentimes after a very remarkable manner, and we find consumptive patients abroad, walking, or riding on horseback many miles without fatigue, the pulse becoming slower, and the whole condition for the hour much improved. The appetite and digestion often remain good, nay sometimes, the former is voracious, and you wonder that such extreme emaciation should exist, where these functions are apparently so perfect. The countenance is bright. Conversation is pleasant. You see often the labor in talking—the heavy breathing—the thick hoarseness—the weariness which follows. But there is cheerfulness in the midst of all of it. The face is animated; the sunken cheek is warm,—and the eye, which lies so deep in its bed, as almost to be buried in it, sparkles with unwonted brightness, and tells how very active is thought, when the voice almost refuses to give those very thoughts an audible expression. How strange is disease! It may give new moral power. It may give increased vigor to the intellect, and the last words of expiring nature may be, as her lamp sadly dies away, “I am better.”

Other diseases, however, tell a very different story; aye, a very sad story. The *character* and the *conduct* of the patient acknowledge its power. Take for example Chronic disease of the heart, the result, it may be, of rheumatism, which in like manner took *its origin* from gross neglect of the means of physical health, and see how this heart-trouble—or heart-disease impresses itself upon the countenance; and how deeply it affects the mental condition of the sick man or woman. The countenance is *deeply, fearfully anxious*. The brow is permanently knit, and deeply furrowed. The face is pinched, is contracted, except in some few regions, as about the mouth, and sometimes the eyebrows, where there is morbid fullness. The distress which accompanies the malady may not be extreme, or only so in paroxysms, but it is enough so, for much

of the time to attract attention, and this is always sufficient to influence the feelings, the state of mind, in regard to much of the business and intercourse of life. It would be, by no means, a difficult task to extend the illustrations, and to show how fearfully powerful is disease over the mind. The stomach, the lungs, the liver, the heart—all of their connected organs in their respective diseases, whether they be acute or chronic—declare themselves in the countenance, and powerfully influence the character and conduct. Nor does this view of the effects of disease in one jot lessen the vital importance of medical advice, and medical direction, in cases of disorganization of any part of the body. It affords the strongest of reasons why, in all cases of serious disease, the advice of thoroughly scientific practitioners should be resorted to, instead of blind, haphazard dosing. It is far from the first—I had almost said it is quite the last—business of the physician to prescribe medicines. To make the patient, or his friends, fully acquainted with the nature of his disease, to put him on the right course of regimen, to keep him informed of his malady, to afford those alleviations and aids to nature which facilitate her efforts to effect a cure, and, not least, to guard the patient against self-destruction, by a resort to quackery—these, these are objects worthy of the very highest order of consecrated talent.

It has been said that Americans are the most gullible people in the world. It may be so: but this passion for being duped and humbugged, must not lay all its unenvied honors on American heads. Had our forefathers seen a modern newspaper, teeming with its extravagant and ridiculous advertisements, they would have been filled with amazement twice amazed. And all these horrible falsehoods and outrages upon common sense, and upon common decency—these agents of his satanic majesty—are not only *believed* but *acted* upon, by three-fourths of the people of these

United States. These patent and quack medicines, pretending to cure all the "ills that flesh is heir to," are not only purchased, but they are taken from one end of the Union to the other, with all the docility of the most undoubting faith. Gather together all the Elixirs, Cordials, Syrups, Panaceas, Mixtures, Drops, &c., &c., in one body, which are annually made and sold in this country, and they would make a pond large enough and deep enough to float the largest ship of war in the United States Navy!!!! Gather together all the Pills, Powders, Medicated Lozenges, in one body, that are made, sold, and taken annually in the United States by the "dear people," and you have before you a pile exceeding by many feet in height either the spire of Trinity Church of this city, or the Bunker Hill Monument at Boston!!!! And yet all this amount of poison is actually crammed into the American stomach, as if to punish the poor sensitive creature for complaining of improper food, surfeits, and other abuses! Is it then strange, that, growing up from infancy as we do, with such pernicious habits, we become old and enfeebled at an early age? The jaded stomach loses its tone, the nervous system is prostrated, the bright blush of youthful health is gone forever, even before we reach the meridian of life. There is with us, especially on the part of the female sex, a prevalent vicious habit in regard to *rising* and *exercise*. The Romans, who, in the days of their glory, were models of physical health, always rose early and exercised vigorously *before* eating; and their motto was, "Never to *eat* till they had *sweat*." And they carried out that motto. They also had another motto, much to the same effect, "Never to *eat* their breakfast till they had *earned* it." If all our American ladies were prohibited from eating their breakfast till they had earned it, it is to be feared that not a few would go fasting till dinner.

The person who must needs *feel* the stimulus of a

breakfast *before* he can exert himself, has already made a long stride towards premature debility and old age. To go by a short course from the bed to the table, is to go by a short course from life to the grave. Every person ought to rise and be actively employed in some way, one or two hours at the least, before he takes his breakfast. This will seem a hard doctrine to many; and to those who have been accustomed to feel insufferable languor till they have felt the stimulus of coffee or tea, it will be regarded as altogether ultra; still the principle is founded on an essential law of our being, and unless one is far gone in physical prostration, he may, by a gradual and a persevering process, learn the truth of it in a blessed experience.

The principle is this:—the person who, for strength and exercise, is dependent on the immediate stimulus of food or drink, is drawing upon the vital forces. The natural immediate effect of food is not *strength*, but *nourishment*; but food cannot nourish us until time has been given it to digest and be conveyed into the circulation; and this is a process of from three to six hours. If the food is turned to the purpose of immediate strength, it is diverted from its true intent of nourishing. The system is not nourished and invigorated, but worn out and exhausted. The effects upon the system are similar to those of alcohol and opium—not permanent nourishment and healthful strength, but a superinduced spasmodic excitement. Strength comes legitimately from a nourished state of the *system, invigorated by systematic exercises*. All other strength is false, temporary, reactive; this is sound, steady, increasing. Hence a person ought to labor to-day on the nourishment and acquired strength of yesterday, and of previous days.

THE LIFE OF MAN is a series of REVOLUTIONS. I do not at this moment refer to the diurnal and other *lesser* movements of his body. I allude now to those *greater* changes in his economy, those *climacteric*

periods at which certain organs that were previously *rudimental* and inactive, become successfully developed. Such are the *teething* times, the time of *puberty*, and the time when he attains to his utmost *maturity* of corporeal and intellectual power. The girl, the boy, the woman, the man, are all *different*; yet they are the same: for when we speak of MAN in the abstract, we mean all ages and both sexes. But betwixt the female and the male of all animals there is a greater degree of conformity or unity than you would at first suppose, and which is greatest in the *beginning*. Now, this harmonizes with everything else in nature; for all things in the beginning approach more nearly to simplicity. The early *fœtus* of every animal, man included, has *no* sex. When sex appears, it is in the first instant hermaphrodite, just as we find it in the lowest tribe of adult animals, the *oyster* for example. In this particular, as in every other, the organs of the human fœtus, internal as well as external, first come into existence in the lowest animal type, and it depends entirely upon the greater or lesser after development of these several *hermaphrodite parts*, whether the organs for the preservation of the race take eventually the male or female form. *How* they become influenced to one or the other form we know not. Does it depend upon position? It must at any rate have a relation to temperature. For a long time, even after birth, the breasts of the boy and the girl preserve the same appearance precisely. During the more early fœtal state the rudiments of the *testes* and the *ovaries* are so perfectly identical in place and appearance, that one cannot tell whether they should become one or the other. What in the male becomes the *prostrate gland*, in the female takes the form of the *womb*. To sum up all, the outward generative organs of both sexes are little more than *inversions* of each other. Every hour that passes, however, while yet in its mother's womb, converts more and more the unity of sex of

the infant into *diversity*. But such diversity, for a long period even after birth, is less remarkable than in adult life. How difficult, at first sight, to tell the sex of a child when first clothed, at the age, for example, of two or three years; at puberty, the difficulty has altogether vanished. Then the boy becomes bearded, and his voice alters; then, the breasts of the girl, which up to this period in no respect differed from his, in appearance at least, becomes fully and fairly developed, assuming by gradual approaches the form necessary for the new function they must necessarily perform in the maternal economy. Another, and still greater revolution, imbues them with the power of secreting the first nutriment of the infant. But even before the girl can become a mother, a new secretion must have come into play, a secretion which, from its period being unlike every other, MONTHLY only, is known to physicians under the name of CATAMENIA, or *Menses*. How can such things be done but by a great constitutional change, without a new febrile revolution of the whole body? Mark the sudden alternate *pallor* and *flush* of the cheek and lips, the tremors, spasms and palpitations, to say nothing of the uncontrollable mental depressions and exaltations to which the girl is then subject, and but little difficulty will be had in detecting the type of every one of the numerous diseases to which she is then liable. Before touching upon some of the

Principal Diseases incidental to Woman,

I must state that the Catamenia, or Menses, in most cases disappears during the period of actual pregnancy; nor does it again return while the mother continues to give suck. During health, in every other instance, it continues from the time of puberty, or the period when women can bear children, to the period when this reproductive power ceases. As with a fever it comes into play, so with a fever also it takes

its final departure. Various speculations have been afloat as to the uses of this secretion; but I have never been satisfied with the truth of any of them. I am better pleased to know that the more perfect the health, the more perfectly periodical the recurrence of the phenomenon. It is therefore without question a *Secretion*, and one as natural and necessary to females of a certain age, as is the saliva, or the bile, to all people, in all times. How absurd, then, the common expression that a woman, during her period is "UNWELL." It is only when the MENSES are too profuse, or too defective in *quantity*, or too far between, or too frequent in the periods, when the *quality*, must also be correspondingly altered,—that the health is in reality impaired. Then, indeed, as in the case of the other secretions imperfectly performed, pain may be an accompaniment of this particular function.

The author acknowledges his indebtedness to Drs. Dickson, Channing, and Winslow, for various extracts from their works.

DESCRIPTION

OF

DR. C. B. BARRETT'S GUARDIAN,

ITS APPLICATION IN THE RELIEF AND REMOVAL OF DISEASES,
WHETHER OF THE MALE OR FEMALE.

The GUARDIAN consists of a metallic semi-corset, and made to sit closely on the Lungs, Stomach, or Abdomen, and can be increased or decreased in size, at the will of the operator. On each side of the *Guardian* is attached two very neat brass cups and binding screws, which are intended to connect the wires from the brass cups marked A and B, in the Medico-Electro Galvanometer. The *power* is regulated by the piston or rod of small steel points in the centre of the Electro-Galvanometer. In applying it in debility of the Lungs, Bronchitis, Pleurisy, or Asthma, it is only necessary to *reverse* the *Guardian*; in other words, to turn it *upside-down*, by letting the *two points* be up as high as the collar, or breast-bone, instead of pointing downwards. In applying it for a disordered state of the Liver, Colic, Enlargement of the Spleen, Dyspepsia, Diseased Spine, Affections of the Kidneys, or in any of the diseases incidental to woman, as described in the foregoing pages, all that is necessary as a preliminary step is, first to moisten the part intended to operate upon with alcohol, cologne, or milk and water, and then apply the *Guardian*, *beginning at the first sitting with a moderate power, and increasing it grad-*

ually, putting it on the body with the *points downwards*. From fifteen minutes to half an hour is long enough for each sitting. Where there is a general want of circulation in the system, and an inactivity of the bowels, I always direct my patients to immerse their feet in either cold or warm salt and water, in a common foot tub; and having connected the other wires to the cups marked P and N, I then fasten their other ends in the two handles, and immerse them in the water, on each side of the patient. The beneficial effects arising from this mode of treatment is as astonishing as it is grateful and exhilarating, and the most marked beneficial results always follow its application. In disease of the Lungs, and in Asthma, the instant the *Guardian* is applied, the chest is expanded, the diaphragm *draws in* the abdomen, similar to any one drawing in their breath with all their force. A free action commences on the skin, and expectoration follows in large quantities without any effort on the part of the patient. Like results attend the use of the *Guardian* in whatever way it is applied; and notwithstanding it has been tried and tested up to the present time, by eminent medical men, and heads of families, in upwards of eight hundred cases, and some of them of a very severe character, yet, in not one has the *Guardian* failed, of either permanently curing, or decidedly benefitting the individual on whom it was applied. In both sexes, of a costive habit, the application of the *Guardian* over the bowels will in a short time act as freely as a powerful cathartic. In retention of urine, or debility of the kidneys, very frequently a single application of the *Guardian* for half an hour, combined with the Electric-bath, will remove difficulties, which have baffled the skill of the medical attendant.

Under the various forms of disease to which a female is liable, Dr. C. B. Barrett's *Guardian* is offered to every mother, wife, and daughter, and to every

every practical physician in the United States, with the assurance, after four years' experience and practice, that it will come to the speedy and certain relief of the patient ; that it will relieve the family physician often times of much anxiety and solicitude ; that in no case can it be productive of any injurious results, and that the most timid or sensitive lady can herself apply it any time, and under any circumstances, without the assistance of a physician, or even one of her own household ; nothing more being required on her part than confidence in its results, and a faithful adherence to the directions laid down.

2*

DISEASES INCIDENTAL TO WOMAN,

SUCCESSFULLY TREATED

BY

DR. BARRETT'S GUARDIAN.

AMMENNORRHŒA, OR NON-APPEARANCE
OR STOPPAGE OF THE MENSES.

This may arise from a variety of circumstances, such as an excess or deficiency of temperament, an hereditary scrofulous taint, sudden colds or exposures to the too sudden changes of temperature, wet feet, loss of friends and relatives, &c., &c. The symptoms attending Ammenorrhœa are, a general lassitude of the system, and a loss of "that bloom on the cheek of the maiden," indicating full and vigorous youth and health. The eye loses its brilliancy, and is encircled with a bronze or mulatto ring, a peculiar anxiety of the countenance is expressed, vertigo or dizziness and constant aching of the head, a sense of tightness or constriction of the chest, palpitation of the heart, dull, heavy pains, resembling rheumatism, cramps in various parts of the body, melancholy, excessive irritability of temper, hysterics, &c., &c.

TREATMENT.

Immerse the patient in a warm bath of a temperature most agreeable to her; introduce the positive pole on the *right* side, and the negative on the *left* of the bath, under a moderate power. Continue this for half an hour, use freely a crash towel or flesh-brush, and then apply the *Guardian*, by introducing one of the wires into each of the brass cups in the Electro-Galvanometer, marked A and B, into the small brass cups on the *Guardian*. The amount or quantity of power depends upon the length or depth of the introduction of the piston or rod into the Electro-Galvanometer. No other treatment will be necessary. The *Guardian* may be applied morning and evening for two or three days, with as much power only as is pleasurable to the patient, and the sitting should not exceed thirty minutes in duration.

CHLOROSIS, OR GREEN SICKNESS.

This is a disease originating from an imperfect or impoverished state of the blood, which in its turn produces nervous and muscular debility, loss of appetite, dyspepsia, vertigo, &c. By many this disease is known as the *White Jaundice*, *White Fever*, and the disease is readily recognized by the peculiar *greenness* of the skin, a bloated appearance, the *whites* of the eyes discoloured, and the countenance assuming an expression of pain, and much mental anxiety and disturbance. *Leucorrhœa*, or the *Whites*, is an invariable attendant on this disease. The blood of a healthy woman, if *one thousand parts* of it were taken and analyzed, would be found to contain, after proper allowances had been made for loss, that its *solid contents* were 150 parts pure, iron 8 parts, and water, 7.60

parts. Take the same quantity of blood from a female laboring under *Chlorosis*, and its analyzation will give but 100 parts for solid materials, impure iron four parts, and water 850 parts. Hence from these facts it will readily be understood why a chlorotic patient exhibits such symptoms of dropsy, with such a wasting and flabbiness of the muscles. The loss of the "iron of the blood" contributes largely to the amount of disease; and although it has never been ascertained as to the exact amount of iron in the blood necessary to the due preservation of health, yet the fact has been well attested, that without it, the blood would lose its beautiful vermilion hue, the boney substances of the body lose their firmness and power of reunion in cases of fracture, and every tissue of the body be a mass of disorganization.

Very few are aware of the large amount of iron existing in the human body. A case is on record where the wife of an eminent man in France wears a ring made from the blood of her own husband, and which was taken from him at various periods of his last illness. Even at the present moment two of the most eminent medical societies in Europe have it in serious contemplation, on the death of any one of its leading members, or on the death of any *great* and *good* man, to take so much of his blood as will be sufficient to make a medal of pure iron, and thus keep in everlasting remembrance his name and his deeds, which shall serve all the purposes of a more conspicuous and polished tablet. Another fact going to prove the value of a proper quantum of iron, in order to preserve the system in a state of health, is that every female suffering from *Chlorosis*, is more or less subject to cold hands and feet, pains in the back and loins, and a continued bearing-down pain, constant sighing and depression of spirits, difficulty of respiration, laborious breathing, foetid breath, dry and cracked tongue, palpitation of the heart on the slightest exertion,

bowels costive, and their evacuations of a consistence resembling chalk or clay, the appetite capricious, more or less of continued fever, sleep disturbed, and accompanied by frightful dreams. All of these frightful symptoms are attendant only upon patients suffering from the above disease.

TREATMENT.

Warm clothing, pure and dry atmosphere, the use of silk or flannel under-shirts, full and generous diet, a moderate use of good port or sherry wine. The principal object which the patient must keep in view is to stimulate by appropriate diet the flagging energies, and restore the failing strength, and to supply the Albumen and Fibrine, those solid materials of the blood, of which chlorotic patients are deficient, and without which not even the slightest degree of health can be promised.

Let the patient take a tepid shower-bath every morning and evening, and afterwards apply the *Guardian* with as much power as the patient will bear, alternating the treatment occasionally by using a foot-bath of *strong warm* salt and water, into which insert the negative pole of the Electro-Galvanometer, and with the positive pole apply it by means of a piece of sponge moistened with salt and water, with a strong power, immediately over the uterus, or womb, and from thence to the opposite side on the spine. If the bowels should be costive, the use of the following will be found of the utmost service, combining, as it does, a powerful tonic and aperient at one and the same time.

Take,

Sulphate Iron, 2 scruples,	
Balsam Copaiba solidified, 1 drachm,	
Extract of Cammomile,	} each $1\frac{1}{2}$ drachm,
Extract Gentian,	
Pulverized Rhubarb, <i>best</i> , $\frac{1}{2}$ an ounce.	

Mix with syrup carefully, and make the whole into a mass, and take from it a piece as large as a pea, and roll it in the shape of a pill, one or two of which may be taken three or four times a day; or

Take,

Infusion of Peruvian Bark, $7\frac{1}{2}$ ounces,

Sulphate of Quinine, 16 grains,

Diluted Sulphuric Acid, 1 drachm,

Syrup of Orange-Peel, 4 ounces.

Dose, a wine-glassfull three times a day. Add to all these frequent exercise in the open air, riding on horseback, *social family* dancing, (not balls or parties, or exposure to the midnight air, and disturbed or broken rest,) cheerful and lively company and conversation, and but little fear need be taken for the result.

DYSMENNORRHŒA, OR PAINFUL AND DIFFICULT MENSTRUATION.

No lady, whether married or single, but what, more or less, at certain intervals experiences an attack of Dysmennorrhœa. It arises from a great variety of causes. Inflammation, or Irritability of the Womb, or of the Ovaries; from Dyspepsia, Costiveness, and from *certain excesses*. Sometimes from either stricture, or spasm of the mouth of the womb. This troublesome complaint is generally ushered in by sick headache, vomiting, chills, spasms, fullness of the heart, numbness of the thighs, pains in the back and abdomen, sharp, shooting pains in the groins, burning heat in the palms of the hands, and in the private parts, nervous irritability, violence of temper, fainting, &c.

No correct data can be given as to *when* these symptoms shall develope themselves. It may be, the patient may experience one or more of them a few days

previous to her time of being "unwell," as she terms it, or they may not make their appearance until the day, or the hour of her "turns," and then it may be ushered in with "but a drop or two," and all of the above symptoms set in with full force. Again, it may "come away" in clots or threads, and at other times a *full quantity*, of a "natural color," with extreme tardiness in expulsion.

TREATMENT.

Apply the *Guardian* immediately on the surface of the abdomen, wetting the skin with alcohol, camphor or cologne water, passing a current of Galvanism as strong as the patient can bear it. *Twenty minutes of this treatment will be sufficient to alleviate the most acute pain.* Immediately after the removal of the *Guardian*, I would suggest the use of the warm-bath, *Electrically applied*, (for directions refer to Ammennorrhœa) allowing the patient to remain in from a half to three-quarters of an hour. The temperature of the water should be quite warm, from 80° to 90°. During the day and on going to bed, from one to two tea-spoonfulls of the following may be taken in a wine-glass of sweetened water :

Tincture Compound of Aloes, 1½ oz.

Tincture of Black Hellebore, 1 drachm,

Tincture of Castor, 1 drachm,

Tincture of Lyttæ, 30 drops.

I have before stated in treating of this disease (for disease it truly is, having its own peculiar type and character,) that it is caused by the formation of thick, dark grumous clots and membranes, producing in the uterus, at the time of their passing away, excessive irritation, which in its turn produces stricture, and spasm of the mouth of the womb. More than three-fourths of the females employed in the factories, seam-

stresses, female attendants in the stores, milliners and tailoresses, are daily suffering from this disease, which rapidly brings on with it a frightful train of disorders, hurrying them to their graves before the morning of their days has dawned. In my manual accompanying my Medico-Electro-Galvanometer, I have had occasion to quote, in behalf of the utility and advantage of Electricity and Galvanism in the removal of certain diseases, the name of Dr. Golding Bird, Fellow of the Royal College of Surgeons, and Assistant Physician to Guy's Hospital in the City of London. I again quote Dr. Bird relative to a new disease which he calls "*Paraplegia, the Result of Enervation.*"

"I am not quite sure," says the Doctor, "of the pathological correctness of the title I have thus assumed. By it, however, I understand a series of cases in which paraplegia, both of motion and sensation, results from excessive fatigue, from sitting and standing for weeks and months together, during the greater part of the twenty-four hours, with the spine somewhat bent. I knew of one case in which a distinguished physician actually became thus palsied after assiduously devoting his time to the study of certain phenomena by the microscope; in doing which, he, for hours together, used to lean over the instrument. There is, however, another cause, unhappily too rife, of these cases, the miserable result of the utilitarian dogma, which makes human labor a marketable commodity, without any regard to the conservation of health. I may perhaps startle some by announcing the fact, that I have in several instances seen more or less complete paraplegia among a class of laborers of the most oppressed and most unprotected character. I refer to the shirt-makers and seamstresses of every grade in this vast metropolis—a class of girls (some of them mere children) and women, who, to earn enough of the wretched pittance they receive from their merciless and unfeeling agents or employers, to procure the common necessities of life, are often compelled to work for fourteen, sixteen, eighteen, or even sometimes longer, in the twenty-four hours. They toil on, indeed, at their needle, until their very sight fails them, as they drop asleep; waking, after snatching a short slumber, to resume their work. These poor creatures receive from three half pence to fourpence halfpenny for making a shirt, (for the latter price producing such as is worn by respectable mechanics and others.) They are unable to procure proper food, and are often driven to intemperance to forget their miseries, or to prostitution, to add to their wretched income. No wonder that they become exhausted, enervated, bloodless; and paraplegia is not unfrequently the result. I had under my care, in the hospital, this last summer, a young woman who had once moved in a respectable sphere. She was quite

paraplegic. She had been exhausted by working in the way I have described, and declared to me, that except dozing in her chair, she had often not slept for two nights together. She first felt vague pains in the toes, then in the knees; rigidity came on; and ultimately she became as I saw her—the lower half of her body being as powerless as if made of marble.”

In many of these cases no organic lesion exists; and by due nourishment, rest in the recumbent position, iron and zinc, and the daily application of the Electro-Galvanometer, as a powerful stimulus to the nerves of the spine—recovery generally takes place. These cases are little known to the community at large, and will continue (we must fear) to occur so long as the labour of the friendless and dependent female is regarded with no more feelings of sympathy or humanity than the amount of duty performed by a steam-engine or any other machine.

LEUCORRHŒA, FLUOR ALBUS, OR THE WHITES,

Is a discharge from the vagina, of mucus, or pus, sometimes resembling green water, and at other times like milk, and not unfrequently like curds and whey, and varies in color from a white, a yellow, or a brown, to that of a dark grumous colour, resembling putrid pieces of liver, and with some a daily discharge of a very thin, acrid, *colourless* substance, varying in quantity from one ounce to half a pint daily.

The *Whites* is the most prevalent of all derangements of the female economy connected with the uterine system; and from its debilitating effects induces a train of maladies that tend to embitter the personal comfort of the female more than any other human ill. It exists in the married and single, in the moral and unchaste; and therefore the cause should be cautiously divined, it being evident that other than sexual

indulgences establishes this annoying and distressing affliction. It may be fairly conceded to be a vitiated secretion, depending upon a weakened state of the local vessels, and, moreover, in particular habits, to be a salutary evacuation. On the other hand, it must not be denied, that it is oftentimes, where it occurs to persons living *sub judice marito*, the result of sexual intemperance, or a disease springing from an indiscriminate indulgence in the same. In addition to what has already been remarked in relation to the discharge being at one time scanty, and at another profuse, there are usually very severe pains in the loins and lower part of the abdomen, and a sense of bearing down, amounting to a feeling as if the womb were descending, and even protruding. The general health of the patient is disturbed, loss of appetite, excessive languor, a pale, anxious and emaciated look, sleepless nights, the eye encircled with a dark ring, skin of a clay color, torpidity and sluggishness of the bowels, pain in the back so severe as to even cause a feeling of "deathly sickness" to come over the sufferer, and oftentimes compel her in agony to exclaim, "It does seem as though my back would break," various hysterical and other affections of disordered nerves, loss of memory, great dejection of spirits, melancholy, much mental disturbance, and a general impairment of a weakened state of mind and body. The causes for all this mass of heterogeneous suffering and affliction, are numerous and varied. Amongst them may be enumerated irregular habits of living, late hours, mental and bodily fatigue, want of proper and suitable exercise, wet, cold feet, *vicious habits*, excitement of reading lascivious novels and other fictitious works, too early or too late marriages, excess of a particular diet, especially shell-fish, damp and ill-ventilated houses, neglect in the use of suitable clothing, thin shoes, want of cleanliness of the person, injuries received during child-birth, &c., &c.

TREATMENT.

In Leucorrhœa, depending on loss of tone of the secretive vessels of the internal organs of generation, the chief indication is to impart vigor and restore strength, which it is evident depends much on avoidance of those causes that first started the disease. Although Leucorrhœa bears a strong resemblance to Gonorrhœa, there are points by which to distinguish the one from the other. In the *latter* the discharge is unceasing but small in quantity, and is usually accompanied by inflammatory symptoms; whereas, in the *former* the discharge is irregular and copious, often coming away in large lumps. The treatment of Fluor Albus is indicated by the degree of severity present. My plan is in the first place to subject the patient to an Electric-bath, allowing the temperature to suit the feelings and wishes of the individual. I then apply the *Guardian* immediately over the region of the uterus, under as strong a current as may produce pleasurable sensations only. I keep up this treatment (the use of the *Guardian*,) for half an hour, morning and evening, for one or two weeks; giving, in the mean time, the following,

Take of Alum, 30 grains,
 “ Catechu, 1 drachm,
 “ Opium, 5 grains.

Syrup as much as is necessary to make thirty pills. Dose, three, morning and evening, using occasionally throughout the day an injection for the Vagina, composed of the following ingredients,

Take of Catechu, 1 drachm,
 “ Myrrh, 1 do.

Lime-water, half a pint,

Mix them together, or

Take Nitrate of Silver, 1 drachm,
 Rain-water, 1 quart.

Some prefer common domestic remedies, all of which are very good, so far as they are applicable in the milder forms of the disease; but, I have stated the symptoms and treatment of Leucorrhœa in its most aggravated forms, and if the remedies suggested are carefully and faithfully followed up, I have no fears for the result. If the pills should induce costiveness, it may be changed to the following:

Sulphate of Iron, 1 drachm,
Pulverized Rhubarb, 1 scruple,
Best Soccortine Aloes, 2 scruples,
Venice Turpentine, $1\frac{1}{2}$ scruple.

Syrup, Balsam Tolu, as much as is necessary to make into forty pills, and take one or two, morning, noon, and night, according to circumstances. The diet and regimen must be adapted to meet the wishes of the patient. No prescribed form can be laid down, because, what may afford strength and returning health to one, may have a very different effect on another. In the treatment of this troublesome complaint by Galvanism, it is almost, indeed it is *the only sure remedy that we can confidently recommend.*

PROLAPSUS UTERI, OR FALLING OF THE WOMB.

The symptoms of the above disease are too well known by almost every adult female, to need any description. The treatment will be the same as that of Leucorrhœa, the patient bearing in mind the fact, that *rest, absolute rest* is required, and that much patience and perseverance will be demanded both by the patient and her family attendant in order to effect a permanent cure. Cold bathing and cold showering on the spine, and over the region of the uterus, together with the application of the *Guardian* twice a day *externally*

on the *abdomen*; and *internally* on the *mouth* of the *womb*, by means of the negative pole—to which may be attached a piece of soft sponge—whilst the positive pole, covered in the same manner, should be applied on the lower part of the spine and on the hips. The bowels must be kept open by injections, using *little or no medicines*.

Electricity and Galvanism judiciously applied, will do more to strengthen the muscles of the womb in cases of Prolapsus, and give a new tone to the system, than all the pessaries (setting aside their indelicacy, to the disgust of every woman of sensibility and refinement,) or supporters of any kind, that ever was invented. Invariably they do far more mischief than good; and no lady should for a moment listen to the suggestions of any one, urging upon her its use. As before observed, they are indelicate—and loathsome—often-times, subjecting the female to a very painful and disgusting exposure, creating, instead of removing, both irritation and a greater tendency to a farther relapse.

UTERINE CONVULSIONS AND DEBILITY.

Treatment the same as that of Prolapsus Uteri.

Having thus enumerated some of the principal diseases to which woman is called to suffer, and for which she can at all times find relief, by her own application of the GUARDIAN, in connection with the MEDICO-ELECTRO-GALVANOMETER, without, as I have before said, any possibility of injurious results arising from its use; it only remains to add a word of CAUTION to those who purchase a *Guardian*, viz: *Never on any account allow it to go from your own household.* The reason for this will be very obvious to any one who will think for a moment on the liabil

ity of contagion, or possibility of communicating disease to one another. No person would think of borrowing the tooth-brush of her friend after she had used it. Why? Delicacy alone, to say nothing of *other causes*, forbids it. Now in using the GUARDIAN—under its influences the pores of the skin are opened, the humours of the body, and *especially* that portion of it covered by the GUARDIAN, is sending off its gases through thousands of invisible pores—all of which have more or less been the cause of disease; and is it not likely, that by loaning the *Guardian* to a sick friend or neighbor, out of motives of pure kindness, that you risk and jeopardize that friend's health, by his danger of contracting *your* disease from absorption? or *vice versa*? Disease is very frequently communicated from one house, or even village to another, by simply passing from a sick and impure dwelling to that of a healthy person, they being exceedingly susceptible of disease. Much more likely then will they be to inherit disease when taken from the body of one sick person laboring under one kind of disease, to that of another, under the same or a different form of attack. The safest, and surest way, is to keep the *Guardian* for your own use, as particularly private property, unless you wish to run the risk through a mistaken kindness, of a variety of cutaneous diseases, which may assume in the end a very serious type. The price of the *Guardian* is so low as to place it within the reach of every one; and when it is considered that its use will be required daily, sometimes twice a day, and that it will be necessary to have the *Guardian* to *fit exactly your body, not your neighbors*, in order for it to do all the good that is vouched for it, it will be seen in a moment that no one having any regard for the removal of their own complaints, and perfect restoration to health, will be willing to run the risk of being presented with a new disease through a mistaken kindness on her part, and willingness to oblige her neighbor.

NOTICES, CERTIFICATES, &c.

In so small a work as the present, which is intended only to direct or assist a Lady in the use of the GUARDIAN, it is impossible to add to it the many notices and commendations which have been received from those who have used it. To do this, would be to increase the Manual to four times its present size. A few only of the more prominent cases in which the GUARDIAN has been successfully applied, are given, believing this will be as satisfactory as a more extended notice, which would only be a repetition of the same cases clothed in different language. Hence, if it is good and trustworthy, and if by the certificates and daily experience, it continues to prove eminently successful in relieving *one* sufferer from any of the diseases named in the Treatise or Manual, why then, *it will give the same relief to one hundred or one thousand.*

Certificate of Mrs. Sarah Jordan, of Bangor, Me.

I cheerfully testify to the efficacy and permanency of relief which myself and other members of my family have experienced from the use of Dr. C. B. BARRETT'S GUARDIAN. For many years I have been a sufferer at *certain periods*, from what is termed by medical men, Dysmennorrhœa. My pains have frequently been so severe as to produce convulsions, leaving me afterwards in a very weak and constipated state, and affecting my general health. Other members of my family were similarly afflicted. Indeed, so intense have been our sufferings, that at one time we had employed Dr. Josiah

Deane, of this city, for the purpose of being put into the mesmeric state, (as that gentleman had put an individual to sleep, and removed his leg whilst under the magnetic sleep.) In May last, we formed the acquaintance of Dr. BARRETT, who was then lecturing in this city, and introducing the medical treatment of diseases by Electricity and Galvanism. I was the first person in the city to apply the *Guardian*. I commenced its use by Dr. B.'s advice, some two or three days before my expected time to be "unwell," came on. Its operation was pleasant and grateful, than otherwise, producing in me a warmth to which before I had been a stranger. At night time I used the Electric Foot-bath, as recommended by Dr. Barrett, in conjunction with his *Guardian*, and continued this treatment without using a particle of medicine up to the day I was "unwell." I had not the slightest pain; the *quantity* and quality of my Catamenia was improved, and altogether I felt like a different person. My costive habit is relieved, and indeed, if at any time I take cold, or by any irregularity of living, or otherwise, bring on a return of any of the symptoms under which I before labored, I have only to apply the *Guardian*, and in less than an hour I am free from all pain, and have a glow of heat and pleasurable sensations which nothing else has ever produced. I therefore consider myself perfectly well, and will cheerfully answer any enquiries that any Lady similarly situated may wish to make.

SARAH JORDAN.

BANGOR, August 10th, 1847.

Certificate of Miss Sabina Lane, formerly of Portland, Me., but now residing at Roxbury, Mass. :

I certify that for many years I was afflicted with every species of irregularity incidental to woman. That so severe at times were my sufferings, as to bring on convulsions and fits. From being a stout, healthy, rugged country girl, I had become "a mere form," weighing, at the time of my first acquaintance with Dr. Barrett less than ninety-two pounds. I used the remedies as directed by Dr. B., with the *Guardian* and Electric-Bath for six weeks, and am now rapidly gaining my health and strength. I have increased my weight to one hundred and thirty-five pounds, and can eat, sleep and work as well as any one, and am entirely free from pain of every kind.

SABINA LANE.

Boston, Sept. 28th, 1847.

Extract of a letter from the Rev. Dr. Graves, of Chambersburg, Pa., dated June 18th, 1847 :

* * * * * We are very much indebted to you ; indeed we feel ourselves under very peculiar obligations for the invaluable and providential assistance which your Electro-Galvanometer and *Guardian* has afforded us. For months past, I have been compelled to suspend my duties on account of the incessant tickling of my throat and disposition to hawk. My nights were as wearisome as my days were tedious, and I really began to apprehend serious results. I followed your advice strictly, to the letter ; the result has been, that I am perfectly recovered. So also may we say of our daughter. Ever since the year 1839, she had ceased to be "regular." At one time a profusion, amounting almost to a "flooding," at another scarcely anything, and what did make its appearance, was ushered in with spasms and convulsions. Leucorrhœa and Prolapsus of the Womb followed in its train, until she was compelled to keep her room, and in this manner she has passed the last two years of her life, on a reclined bed, made expressly for her. As a matter of course great tenderness of the spine followed ; the least exertion either in moving or walking, produced very considerable pain and *much inconvenience*. We administered the Electric-bath, gave her the medicine agreeable to your recipe, and applied the *Guardian* twice a day without any intermission, and the following are some of its results. The first application of your *Guardian* caused Amelia to faint away, (probably we applied it too strong.) Mrs. G. as well as myself, were much alarmed, and immediately removed it, and conveyed her to her bed. On recovering herself, she said she felt very comfortable, and would like to be left alone, as she thought she might go to sleep. In less than two hours after this, I was surprised, nay, gratefully astonished, to learn from Mrs. G. that Amelia had been taken "unwell,"—that every thing was going on as well as it used to do in her earlier days. Her *catamenia* continued steadily for four days ; the discharges were of a very offensive character, but free from pain. At her own request, and much against our wishes, she had the *Guardian* applied to her twice a day, she herself regulating its power. From that time she has been steadily improving. A period of eight months has passed away since she first applied your *Guardian*, or made use of your Electric-bath, since which she has never "missed her time," but has been "regular to a day." She is at this moment able to go about the house, or walk half a mile or a mile as well as any of us, and that too without the slightest inconvenience. *In every respect* there

is a daily improvement. I cannot, my dear sir, in behalf of myself and family, say more than this: I thank you—deeply, truly, and affectionately thank you. Accept, then, of our best wishes and expressions of esteem; and wishing you and yours every blessing, believe me, my dear Doctor,

Truly your friend,

MADISON E. GRAVES.

From the Dover "Sentinel and Watchman," February 24th, 1847.

We live in an age of miracles or wonders. Our thoughts, ere we can give them utterance, are in an instant, by Morse's lightning, conveyed hundreds of miles away, and by the same mysterious agent, equally as mysteriously modified, do we see it used, not only in the propelling of machinery, of printing, of Electro-typing, but we see it used as "a familiar thing" in the removal of diseases, and some of them of a very obstinate and determined character. We allude to a new Instrument, now in this place, for the removal of certain diseases peculiar to females; and of diseases of the Lungs, Bronchitis, Asthma, Liver Complaint, &c., of *either sex*. We refer to Dr. BARRETT'S MEDICO-ELECTRO GALVANOMETER and GUARDIAN. We are not mechanic enough to explain its operation; all we can say is, that it is as wonderful as it is simple, and that we know cases (one of them was a member of the family of the senior editor of this paper,) of many years' duration, which has been successfully combated with, after all hope of even temporary relief had vanished. We speak advisedly when we say, that in the case of a member of our family, we look upon her recovery, we look upon the relief even now afforded her, and the removal of a loathsome and frightful disease, by *Electricity alone*, through the medium of the *Guardian*, as something almost approaching to a miracle. We hope we feel thankful that our hearts are made to rejoice in view of the prospects of returning health to our poor sufferer, after so many years of anguish and pain. Nor are we alone the only ones who thus speak of the efficacy—of the marvellous efficacy—of this Instrument. There are many in our midst, responsible persons, who will in behalf of themselves and families endorse, aye, more than endorse, all we have said in behalf of Dr. BARRETT'S GUARDIAN. The Dr. came to us highly recommended for his professional attainments, for his strict integrity and uprightness of conduct. He has made himself a host of friends, who wish him every happiness, and who permit him the use of their names to vouch for the truth of our remarks.

A CARD.

TO THE PROFESSORS AND MEMBERS OF THE
MEDICAL SOCIETIES,

AND TO EVERY

MOTHER, WIFE AND DAUGHTER
IN THE UNITED STATES.

THE subscriber respectfully calls your attention to his GUARDIAN, expressly intended for the preservation of the health of BOTH SEXES—whether it arises from Incipient Phthisis, or early Consumption, Debility of the Lungs, Bronchial Affections, Asthma, Pleurisy, Deranged and Disordered state of the Liver, Spleen, or Kidneys, Diseased Spine, Colic, Dyspepsia, Palpitation of the Heart, Loss of Muscular or Nervous Power, &c., &c.

Dr. C. B. Barrett's Guardian

Comes to the immediate relief of Females Suffering from Irregularities, and all other Uterine Difficulties and Diseases incidental to Woman.

Whether occasioned by Cold, Wet Feet, or any similar injudicious exposure, and all this without the use of Medicine; as the most delicate and sensitive Lady can at any moment apply it to herself without the possibility of incurring any risk or danger, or any unpleasant results arising from it, and with the certainty of obtaining immediate relief.

DR. BARRETT'S GUARDIAN

Is no catch-penny, or one of the many humbugs of the day; but it is an Instrument made upon strictly scientific principles, in accordance with the laws of Electricity and Galvanism; and for NEATNESS, DURABILITY and EFFICACY, infinitely surpasses everything of the kind ever before offered to the public for the relief of disease, and, in the language of one of the most enlightened men of the day, is pronounced to be "the greatest discovery of the age."

A period of no less than four years has been occupied by Dr. BARRETT in bringing the GUARDIAN to its present state of perfection—during which time it has been in the hands of some of the most eminent Physicians of the North and South, as well as in the dwellings of numerous families, who have used it for all of the above purposes, with the most perfect

success, and who have cheerfully given their unqualified approbation of its efficacy and value, as can be seen by reference to the Manual of Instructions accompanying it.

DR. C. B. BARRETT'S GUARDIAN

Is secured from innovations by a Patent from the United States Patent Office, and can be had either with or without his

MEDICO-ELECTRO GALVANOMETER,

AT HIS OFFICE, 80 BROADWAY.

The Medico-Electro Galvanometer, in point of beauty, workmanship, durability and power, cannot be **SURPASSED OR EVEN EQUALLED**, and the subscriber feels that he hazards nothing in the assertion that it will be found to possess **MORE POWER AND EFFICACY IN THE TREATMENT AND REMOVAL OF DISEASES, BY**

GALVANISM AND ELECTRICITY,

THAN ANY OTHER INSTRUMENT, EITHER IN THE UNITED STATES OR EUROPE. The MEDICO-ELECTRO GALVANOMETER is warranted in every respect, and with common ordinary care,

WILL LAST A LIFE-TIME,

And is by far the cheapest, because the best, instrument ever offered to the public. A manual accompanies them, giving the most ample instructions, of **PRACTICAL EXPERIENCE**, so that it is readily intelligible to the mind of every one, while the simplicity of arrangement is such that a child may manipulate with it.

The subscriber can at all times—from 8 A.M. to 5 P.M.—be found at his office to treat all diseases of Nervous and Muscular derangement by the aid of Electricity and Galvanism, and to apply the

GUARDIAN,

in the relief and removal of all the diseases above named.

CLEMENT B. BARRETT, M. D.

Any information gratuitously given at his office, and all communications cheerfully answered per mail, either in relation to the Electro-Galvanometer or GUARDIAN.

No letters received unless the Postage is paid.

* * Medical Men are invited to call and examine Dr. BARRETT'S GUARDIAN, and send their patients to his office, and test its efficacy.

The Afternoons will be invariably devoted to the reception of Ladies.



DIRECTIONS

FOR USING

DR. C. B. BARRETT'S

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